














PIGEON POST

Keeping you informed & involved

December 2021



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Some great events coming up at Age UK Barnet... pick up some useful dementia prevention tips and enjoy a singalong and a cookery demo at our Living Well event.

We also have our Christmas carol concert

on the 15th December and a recital by the former international solo harpist Sioned Williams on the 16th.

Find out all the details inside - and read our feature on surviving the stresses of big family get togethers plus all the usual recipes, crafts, puzzles and useful info.

Have a fantastic festive break and we look forward to seeing you in the New Year.

Helen Newman
Chief Executive
Age UK Barnet



May you
never be too
grown up to
search the
skies on
Christmas
Eve.



Age UK Barnet, Ann Owens Centre, Oak Lane, East Finchley N2 8LT.

Tel: 0208 203 5040 / 07502 989 403 Email: teresa.gallagher@ageukbarnet.org.uk



HOW TO MAKE QUICK HEALTHY MEALS WITH CANNED OILY FISH

Canned oily fish such as anchovies, mackerel and sardines are low-cost kitchen cupboard staples that pack a powerful nutritional punch. 'These small oily fish, which eat mainly plankton, contain less mercury than larger species, and are excellent sources of healthy fats,' says cookery volunteer Kato. 'Eating oily fish twice a week improves mood and memory, and lowers the risk of cardio-vascular disease, especially as we age.' Oily fish is also a good source of vitamin D, which is important for healthy bones and to fight infections and inflammation. Given that sunlight, our most important source of Vitamin D, is in scarce supply over the winter months, regularly eating oily fish will help to keep you topped up with this important nutrient.

Stir-fry broccoli with anchovies

This recipe serves four - halve ingredients for two portions, or freeze the left-overs. Cut a head of broccoli into florets and steam for 3-4 minutes, so that a crunch remains. Drain the oil from a can of anchovies with olive oil, mash the anchovies, and gently fry 1tsp of minced garlic and a large pinch of chili flakes in 2tbsp of oil (use the anchovy oil) for 3 minutes. Add the mashed anchovies and steamed broccoli, and fry for another 2-3 minutes. Finish off with a squeeze of lemon juice. This can be served as a side dish, or with rice or pasta.



Quick sweet potato and spicy mackerel meal for one

Wash and trim the ends of a medium sweet potato and pierce the skin a few times with a fork. Cook in the microwave until soft – it could take between 5 and 10 minutes and keep checking after 5 minutes. Top the sweet potato with a handful of washed spinach leaves, and a can of mackerel in spicy tomato sauce. Heat for another 30 seconds until the spinach is wilted and the fish is warm. Serve with a dollop of Greek yoghurt and pepper or chili flakes.



Mackerel and potato salad

Bring a small pot of water to the boil, add two eggs and boil for 5 minutes. Cool off immediately and quarter. Steam two handfuls (200g) of greens of your choice: French beans, asparagus, peas, or broad beans. Roughly chop two large handfuls of young spinach leaves and colourful lettuce leaves. Steam 125g of baby potatoes for 10 minutes, and halve. Mix together 3tbsp of olive oil, 1 tbsp of white wine vinegar, 1tsp of Dijon mustard, the juice of half a lemon, and two tsp of dill. Add all the ingredients to two cans of mackerel in olive oil, drained, and mix with the dressing. Top with shredded mint. This salad tastes even better the next day and leftovers can be kept in the fridge for up to 4 days.

Quick sardine fishcakes

Boil 500g of chopped potato for 8 minutes, and mash – try to leave the skin on. Mix two cans of sardines in olive oil, drained, 1 tbsp of Dijon mustard, 2tsp of dried dill, the zest of one lemon, ¼ tsp of cayenne pepper, and 50g of flour into the mash. Roll the mixture into 8 balls, and flatten each one into a round patty. Heat 2tbsp of rapeseed or sunflower oil in a pan, and gently shallow fry the fish cakes for 3-4 minutes on each side, until browned. For a relish to go with the fishcake, mix together ½ cup of Greek yoghurt, 1tbsp Dijon mustard, 1tbsp chopped capers, 1 tsp Worcester sauce, and a large pinch of cayenne pepper. Freeze any leftover fish cakes.



WHAT'S GOING ON AT AGE UK BARNET THIS DECEMBER

Living Well in Barnet event - 8 December (10.30am-12.30pm)

A morning of useful dementia prevention talks and fun activities including, exercise, a singalong and a cookery demo. We know that 40% of cases of dementia can be prevented and that, even after a diagnosis, there's plenty we can do to hold back a decline in our thinking skills.

Takes place at St Margaret's United Reform Church, Victoria Avenue, Finchley N3 1BD.

Time: 10.30am-12.30pm. Refreshments provided.

Contact: fiona.cronin@ageukbarnet.org.uk or call 020 8629 0269 for more information.



Carol concert - 15 December (6pm)

Singing, readings and mince pies.... guaranteed to get you in the mood for the festive season! At Holy Trinity, Church Lane, East Finchley N2 0TH. Please contact Howard on 07798 622832 or email howard.chapman@ageukbarnet.org.uk

International harpist Sioned Williams -16 December (1.30pm- 3.30pm)

Sioned will be playing a selection of carols, classical songs and show tunes at St Margaret's United Reform Church in Finchley N3. £5 entry. To book a seat phone Helen on 07384 466840 or email helen.nicolaou@ageukbarnet.org.uk



NEW ACTIVITIES



Beginners Card Making - Indulge your creative side in our new card making sessions on Fridays at 10.30am -12 noon at the Ann Owens Centre, Oak Lane, East Finchley N2 8LT. £5 a class. For more info, contact Teresa on 07502 989403 or email her at teresa.gallagher@ageukbarnet.org.uk.

Dementia café - A social group for people living with dementia and their carers which meets on the first Monday of every month 2-4pm. Join us for friendly chats, support, advice and refreshments...Takes place at the Friends Meeting House, 55 Leicester Road, New Barnet EN5 5EL For more info please contact Helen on 07384 466840 or helen.nicolaou@ageukbarnet.org.uk



Exercise Classes for over 55s

- ✓ **Monday** - Chair Movement to Music:* 10.30am – 11.30am. Hope Corner Community Centre, Mays Lane, Barnet EN5.
- ✓ **Wednesday** - Active exercise to music 3.30-4.30pm. Ann Owens Centre, Oak Lane, East Finchley N2
- ✓ **Thursday** - Bollywood Dance (women only): 11am – 12noon. Watling Community Centre, Edgware HA8.
- ✓ **Friday** - Movement to music (standing or seated): 11.30am – 12.30pm. Ann Owens Centre, East Finchley N2
- ✓ **Friday** - Seated Yoga*: 12pm. Manor Drive N20



£5 a class

For more information and to book, call Wendy on 0208 432 1421 or email Wendy.nutman@ageukbarnet.org.uk * Classes followed by half-hour socialising/refreshments with IT taster session



OVER TO YOU! YOUR LIVES, YOUR STORIES....



Maybe you've got a cleaning tip, a recipe idea, a useful piece of advice or a funny story? Whatever you want to get off your chest, put it to paper and send it to us at **Age UK Barnet Letters Page, Ann Owens Centre, Oak Lane, East Finchley N2 8LT.** Or call Teresa on 07502 989 403.



MEET THE READERS!

A few of our lovely activity regulars stopped by for a chat...



Exercise class regular Inge (pictured left) is our role model! She walks everywhere and is convinced staying active is the secret to her good mental & physical health.

For details of our latest exercise classes, including Bollywood, seated exercise, Tai Chi and more active sessions, contact Wendy on **07741 877 027**.

For Jeffrey, our recent Indian cookery course was a little break from looking after his wife who is living with dementia - he's also much more confident in the kitchen now. 'I cooked some of the dishes for friends. They love Indian food so lots of pressure!' he says. 'Luckily I pulled it off!'



For details of cookery courses, call Stacey on **07423 604729**



BE CLIMATE KIND THIS CHRISTMAS

A few climate friendly festive tips from reader John Baxter, a retired engineer who addressed environmental issues in his engineering career. 'This is the time of the year when we consume more than usual so think green when you buy,' says John.

Stocking fillers - Don't forget the charity shops - great for cookbooks, for example. These are one of the few places where you can buy stuff that has effectively zero footprint, and your money will do some good.



Wrap up green - The footprint of wrapping paper you use is probably a tiny percentage of the footprint of the gift that you wrap: nevertheless, it's heading for the bin, so think green about it. Anything brightly-coloured can be used to wrap things - old maps, for example (the charity shops have these), or scraps of fabric (see page 10 for how to wrap presents using a silk scarf) Your frugality will be a talking point: climate crisis means that you can be thrifty and still claim the moral high ground.

Choose wisely for the person who has everything—They don't really want or need more stuff, but you can't leave them out of the present giving. Why not...?

Buy a goat. Oxfam Unwrapped will sell you a goat for £25 and deliver it to somebody who needs it more than you do. Vegetarian options are available.

Plant a tree. The National Trust will plant a tree for £5. Make something: bake a cake or knit a scarf.



LAPTOP LOAN SERVICE



Would you like to use the internet but don't know where to start? Age UK Barnet offers short term laptop loans and can get you set up online, helping you learn to use your devices. Phone 020 8203 5040 for more information.

OVER TO YOU!

YOUR LIVES, YOUR STORIES!



 **Barnet**
ageUK



This month Linda interviews Charles Reiss, former political editor of the Evening Standard who will soon be hosting Age UK Barnet's new online current affairs group - Keep Calm and Talk the News.

I was a little apprehensive about interviewing this month's "subject" - firstly because he used to be a professional journalist and then a political correspondent in the House of Commons, both areas of which I had no knowledge. But Charles was very patient. I have certainly learnt a great deal, and I have to thank him for that.

Charles was born in London, but moved to Barnet seven years ago. He is married and has three daughters and three grandchildren. Charles has had a career in political reporting. He started with the newspaper The Ham and High, joining the London Evening Standard as a Political Correspondent, Chief Leader Writer, and finally from 1985-2004, the Political Editor. He worked in the Lobby in the House of Commons from 1971-2004. The Lobby consists of a number of political journalists representing various newspapers who are briefed twice a day by the Prime Minister's spokesperson. The journalists are then able to ask questions "and make life for them as uncomfortable as possible". The journalists have free access in the House of Commons, and bump into Ministers and MPs for informal chats, and push them as far as they can on their opinions on the information from the briefings. MPs expand on the understanding that what they say is unattributed. The journalist's aim is to get at the truth. Charles says that experience is a great help in knowing when an MP is being evasive or unhelpful.



Alongside his long career as a member of the Lobby, Charles travelled with members of the Government, which occasionally could be perilous. He recalls the Brighton bombing during the Conservative Party Conference in 1984. An IRA bomb went off in the middle of the night in the Grand Hotel in which Mrs Thatcher and top members of the Government were staying. Five people were killed, and Norman Tebbit and his wife were badly injured. Charles was staying in a hotel next door to the explosion, and remembers all the MPs running outside in their pyjamas. The IRA bomb that was fixed under the car of the MP Airey Neave in 1979 in the House of Commons underground car park, and which killed him, also damaged the windows of Charles' office in the House of Commons. Charles' wife, Sue, who also worked there, had a narrow escape as, but for a last-minute hold-up, she would have been driving out behind him. Charles also travelled with Tony Blair to New York to attend the Memorial Service after the devastation caused by the 9.11 attacks on the Twin Towers. He said that awful damage was still very much apparent.

After retiring in 2004 Charles was able to follow his interests of walking, travelling, and becoming a Trustee of the Kennet and Avon Canal - although he did not have a canal boat, "I just liked to see them go by". Charles also had a period of teaching American students aspects of the British political system focusing on the subject of "Trust in the Media".

Before my conversation with Charles I wasn't altogether aware of what went on in the House of Commons. I now know that the House is not all about debates in the Chamber - a lot more is going on that affects the public's right to know how Government policies will affect them. Ministers and MPs are quizzed closely on what comes out of the PM's office in order to get at the truth of what is said, and Ministers and MPs have a certain freedom to expand as far as they feel able. It seems a very British method of checks and balances. I for one will take more interest in political reports in the future. Charles is looking forward to undertaking his a new venture with Age UK Barnet where he can put his political experiences to use. There is certainly plenty of news going on at present, which should make for stimulating debates.

Keep Calm and Talk the News starts Tuesday 11 January (11am-12noon)

For each session, Charles will select one or two topics from news items sent to him in advance by the group members. He will lead discussion and invite perspectives and insights from members of the group. This group takes place online and the Zoom link will be sent out.

To register, just email lindsey.bennister@ageukbarnet.org.uk or call Lindsey on 07535 648281

RECIPE TIME....



CELERIAC SOUP



Ingredients

2 tbsp olive oil
1 celeriac peeled and cut into cubes
1 large potato peeled and cut into cubes
1 Leek trimmed, washed and roughly sliced
1 Onion peeled and roughly chopped
1 clove Garlic sliced
940ml vegetable stock
salt and pepper to taste
parsley leaves handful, washed and roughly chopped

Nutrition / Calories: 132kcal | Carbohydrates: 20g | Protein: 2g | Fat: 5g | Sodium: 742mg | Potassium: 525mg | Fiber: 3g | Sugar: 4g | Vitamin A: 580IU | Vitamin C: 16mg | Calcium: 70mg | Iron: 2.3mg



Method



Place a large pot over a medium low heat and add the olive oil. Add the celeriac, leek, potato, garlic and onion, and season with salt and pepper. Gently sweat the vegetables until the celeriac starts to soften, around 10 minutes.

Add the vegetable stock and bring the soup up to a boil before reducing to a simmer. Simmer for 20 minutes or until the celeriac is completely tender. Add the parsley and use an immersion blender to puree until smooth, or alternatively blend in batches in a blender. Return to the heat and check the seasoning and adjust as necessary.

Serve with a drizzle of olive oil or a dollop of yoghurt or sour cream. Also lovely with hot crusty bread and butter!



EASY CHRISTMAS PUDDING



Kcal **685**, fat **35g**, saturates **22g**, carbs **92g**, sugars **38g**, fibre **2g**, protein **6g**, salt **1.04g**. Suitable for vegetarians

Ingredients

1 cup raisins
1 cup sultanas
1 cup self-raising flour
1 cup finely grated butter (about 115g/4oz)
1 cup fresh brown breadcrumbs (from around 4 thick slices of bread)
1 cup light muscovado sugar
1 cup mixed nuts, chopped plus extra to decorate

1 tsp ground cinnamon
1 tsp ground mixed spice
1 cup milk
1 large egg
butter, for greasing

For the butterscotch sauce

85g butter
100g light muscovado sugar
200ml double cream
1 tsp vanilla extract



For the pudding, empty the first six cups and the nuts, if using, into a mixing bowl with the spices, then stir in the milk and egg. Once well combined, tip into a buttered 1.5 litre pudding bowl.

Cover with a double layer of buttered foil, making a pleat in the centre to allow the pudding to rise. Tie the foil securely with string, then place in a steamer or large pan containing enough gently simmering water to come halfway up the sides of the bowl. Steam, covered with a lid, for 2½ hours. Check the water level during cooking, topping up if necessary. If you are preparing this pudding ahead, remove the foil, let it cool slightly, then wrap in cling film and then fresh foil. If you are serving it immediately, unwrap and invert onto a deep plate.

For the sauce, put everything in a pan and bring slowly to the boil, stirring. Allow to bubble away for 2-3 minutes, still stirring, until the sugar has dissolved and the sauce is pale caramel in colour and slightly thickened. Remove from the heat. Pour the sauce over the pudding and decorate with the whole mixed nuts.



HOW TO SURVIVE THE STRESS OF FESTIVE FAMILY GET-TOGETHERS

Christmas and other religious festivals are wonderful opportunities for us all to get together as families but they can be a challenge. ‘As well as having more to do, there are the social challenges that come with bringing the wider family together,’ says our trustee, neuroscientist Professor Catherine Loveday. ‘Our anticipation and expectations are not always met and there can be conflicts between family members who are not used to spending time with each other.’

Catherine’s top tips for family harmony!

Plan time out

Plan and learn to say no to things and be aware that you need to create spaces in your festive diary where nothing is going on and you can relax—and encourage everyone to have time to themselves, too! ‘A family walk is a good way to do this,’ says Catherine. ‘You’re still with each other but you’re doing some physical exercise and you’ve got a bit of space around you. People can wander off on their own for a bit or enjoy one-to-one conversations rather than big group conversations.’

Otherwise, take yourself off for a while to do something restful or engaging. It doesn’t need to be physically restful, just psychologically restful – something that helps you to recharge and breathe and get a bit of time to yourself.

Be kind to yourself and others

‘If there’s someone you clash with or disagree with, being kind can be just about listening and not arguing,’ says Catherine. ‘Really try to imagine where they’re coming from and thinking about what their perspective might be.’

Being kind to people can mean just being more forgiving, giving people time and listening to them and maybe taking the time to buy a nice present.

Catherine stresses how important it is to stop and reflect on how you can be kind to yourself too. ‘You can only be kind to others if you are also kind and compassionate to yourself,’ she says. ‘That means giving yourself a break and saying no to things. It also means being accepting of yourself and recognising that you can’t do everything.’

A useful technique is to talk to yourself as you would a child, friend or partner that you love. What advice would you give to that person if they were stressed and taking that advice?

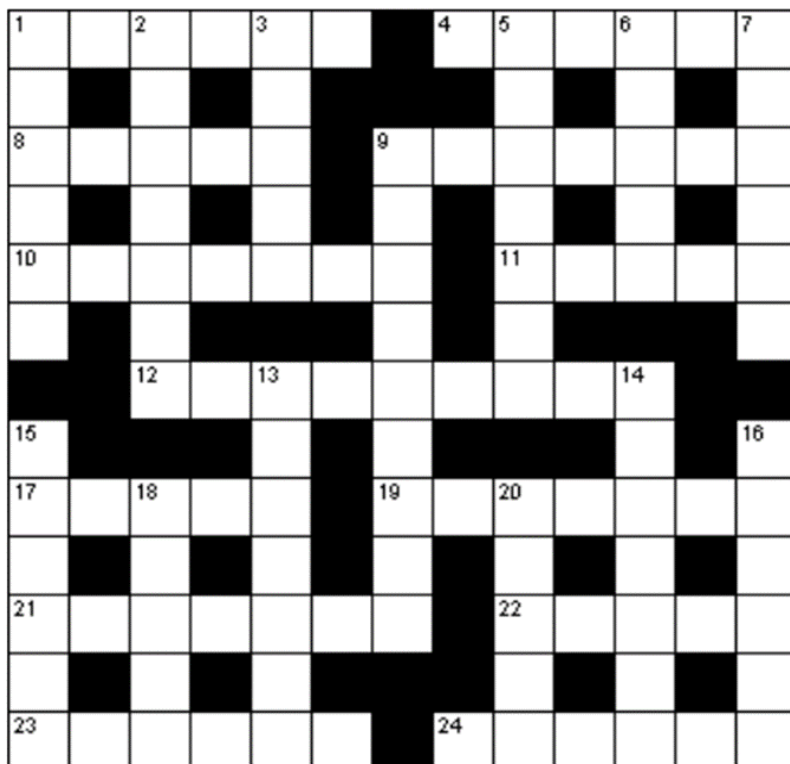
Focus on what you *have* done

‘I’m a fan of self affirmation theory which is about recognising what you have achieved rather than focusing on what you haven’t,’ says Catherine. Write every single thing you need to do down, tick everything off and look at that list at the end of the day. ‘Every single thing we tick off is an achievement,’ she says. ‘Even if all I’ve done is the washing up I can say I’ve achieved. That can be really helpful when you feel overwhelmed with stuff to do over a busy time like Christmas.’

What is achievable will depend on each individual, of course. ‘If someone is very depressed or unwell, for example, simply getting out of bed and spending an hour downstairs might be an achievement,’ says Catherine. ‘The point is to recognise every small thing as an achievement and to be realistic about what you can expect of yourself.’



PUZZLE TIME....

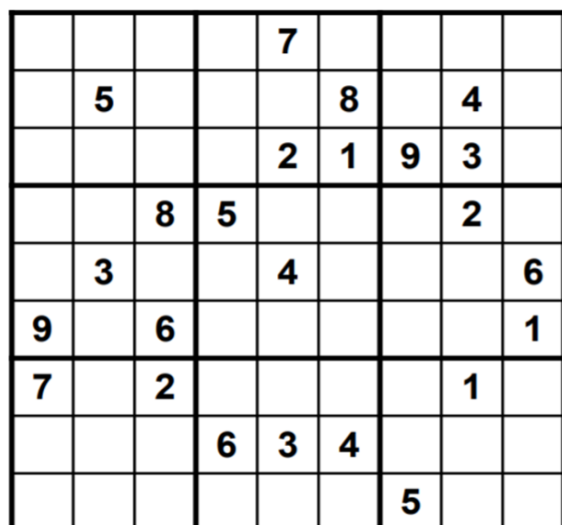


ACROSS

- 1 Down-at-heel (6)
- 4 Motive (6)
- 8 Florida resort (5)
- 9 Type of mandarin orange (7)
- 10 Narrow-edged tooth (7)
- 11 Indian monetary unit (5)
- 12 The recent past (9)
- 17 Bicker (5)
- 19 Far (7)
- 21 Pig's foot (7)
- 22 Strained (5)
- 23 Cure (6)
- 24 Soaked thoroughly (6)

DOWN

- 1 Peak (6)
- 2 Lawlessness (7)
- 3 Great happiness (5)
- 5 Came in (7)
- 6 Baffle (5)
- 7 Closer (6)
- 9 Cede (9)
- 13 Perfumed (7)
- 14 Longed (7)
- 15 One who dies for a cause (6)
- 16 Scattered (6)
- 18 Despondency (5)
- 20 Fight (3-2)



SUDUKO MEDIUM



WINTER WORD SEARCH

ANTIFREEZE
ARCTIC WIND
ASTRONOMIC
BECOME FROSTED
CHATTERING TEETH
CHILLY
CHRISTMAS
COLD
DECEMBER
FIRE
FREEZE
FROST
GALE
GOVES

HAT
HORSE SLEIGH
ICE
ICICLE
ICINESS
IGLOO
JANUARY
MISTLETOE
POLAR BEARS
PRECIPITATION
SALT
SCARF
SEASON
SHIVER

SKATE
SKI
SNOW
STEW

H G I E L S E S R O H A Y C C
H S C A R F Z H A T S O L R D
T A G L O V E S I N N G L T O
E M I S T L E T O E D I I C E
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N T E R S R A E B R A L O P R

EASY CRAFTS



HOW TO WRAP PRESENTS USING A SILK SCARF

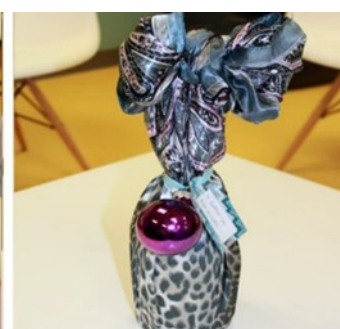
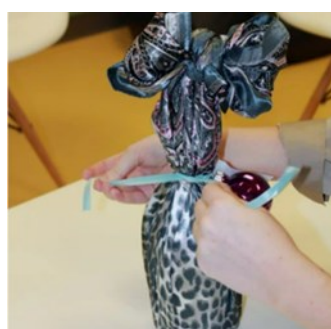
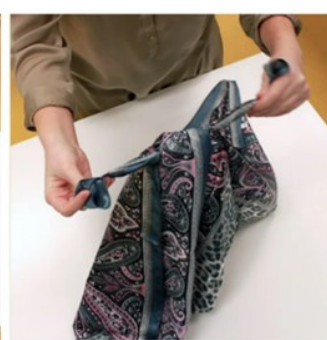
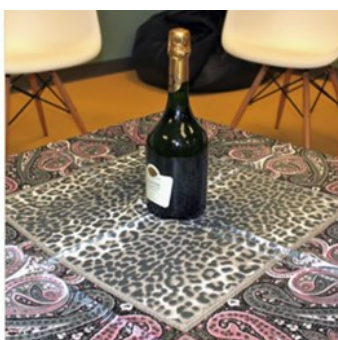
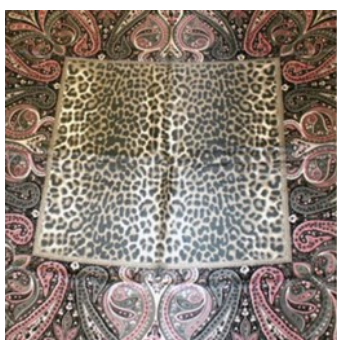


What you will need

Silk or polyester square scarf

Instructions

Place your scarf (we used the Vienna Square Scarf) flat on the table. In the center of the scarf, set the bottle upright.



Here are a few more ideas to try!



Historic Hendon

A look at the site on which the Royal Air Force Museum in Hendon now sits which has a long and illustrious aviation history.

The first ever act of aviation at Hendon wasn't actually an aircraft, but a balloon, according to Rhiannon, community engagement manager at the Royal Air Force Museum. 'Henry Coxwell and James Glashier took off from Crystal Palace with five passengers in 1862 and had what they called an 'unscheduled landing' - also known as crash landing! - on the fields at Hendon,' says Rhiannon. 'Their balloon was the appropriately named Mammoth as it had a 93,000 cubic foot capacity.'

A key figure in the history of aviation at Hendon is Claude Grahame-White, a man who had a passion for aviation and bought the land for the London Aerodrome in 1911. Many innovative events took place at the Aerodrome such as the first Royal Mail delivery by air taking off from Hendon. 'It was also the starting and finishing point for the first Aerial Derby held in 1912 which was watched by an estimated 500,000 spectators,' says Rhiannon. 'Many people in Hendon were accustomed to seeing aircraft in the skies before they got used to cars on the roads!' During the First World War Grahame-White's company helped with the maintenance and operation of the aircraft stationed at Hendon and were responsible for repairs and spare parts.

His flying school also provided training for new pilots for the Royal Flying Corps and the Royal Naval Air Service. Between the wars the government took control of the London Aerodrome which became RAF Hendon. The 601 Squadron were stationed there at this time, and were nicknamed the Millionaire's Squadron because of their reputation for filling their ranks with the very well heeled!

The Second World War saw Hendon become a target for German bombs as well as pioneering the use of aircraft for casualty evacuation and WAAF Nurses were trained there to care for casualties in the air.

The Museum, situated on the old London Aerodrome site, opened to the public in 1972 and is still open and free to visit today.

RAF museum talks

Age UK Barnet has held a series of hugely popular talks at the Royal Air Force Museum. Participants enjoyed fascinating talks from knowledgeable museum staff on a range of topics – everything from how planes advanced technically during WW1 and the use of helicopters to evacuate the wounded from a battlefield to art from the Blitz. They also got a chance to tour the hangars and handle some of the artifacts.

We will be holding another series of talks in the spring – so watch this space! To register your interest, please contact Helen on **07384 466840**.





Foot and ankle strengthening exercises from our Wendy.



1. Sit tall in chair, feet on floor, knees over ankles.



2. Lift toes, open feet out and place down.



3. Then lift heels and open out again



4. Lift heels, and turn inwards.



5. Then lift toes and bring feet straight.

Perform both sets of exercises 10 times



1. Stand tall, an arms length from sturdy chair or counter top. Gently place hands on chair or counter.



2. Lift both heels



3. Keeping one heel lifted, lower other heel down then lift both heels again. Then change feet.



HOW CAN WE HELP?



For advice about benefits, grants, housing and money concerns, phone our **Later Life Planning Service** on 020 8432 1417.

Would you enjoy a regular chat over the phone with a friendly volunteer? Try our **Befriending Service** on **020 8432 1416**

For essential jobs in the home please phone our **Handyperson Service*** on 020 8150 0963. Our handyperson team are kitted in PPE and some jobs such

as changing a lightbulb are free of charge.

Unable to get out to the shops and cannot shop online? We have a **Shopping Service*** for people who need a light weekly shop. For more info, Tel **020 8150 0963**

Living Well Dementia Hub—dementia adviser service and **day opportunities** for people living with mild to moderate dementia and their carers. Phone 020 8203 5040

Foot care* We offer basic nail-cutting (£15) at the Ann Owens Centre in East Finchley and, for people with diabetes, taking steroids or warfarin, we have nail-cutting with a podiatrist (£20). For an appointment, phone **020 8203 5040**.

Finding your feet service - We match walking buddies with people worried about getting out and about again. Phone **0208 150 0963**. **There may be a charge for these services.*

CONTACT NUMBERS



A few useful numbers in case of emergency

Still call your GP surgery if you need an appointment. Some surgeries offer phone consultations with a GP – speak to your surgery for more information about this. If your GP surgery is closed and you need an urgent appointment, a recorded message will tell you who to contact.



Call **111** for **NHS** urgent medical advice – if you need **emergency help and services** call **999**.

If you suspect you have coronavirus, call **119** to get help or to find your nearest test centre. To get a coronavirus test you must have symptoms of one or more of the following - a high temperature, new contagious cough and/or loss of smell or taste. The test must be completed within 8 days of having symptoms to be effective.

For help on **discharge from hospital**, call **British Red Cross** on **07709 398809** or **07808 202125**. **If something needs fixing at home**, call the **Age UK London Boroughs Business Directory** to get a list of vetted local trades people such as plumbers and electricians – **0800 3345056**. If you are a **Barnet Homes resident** you can call **020 8080 6587** for repairs or emergency calls. **Need to speak to someone?** For a friendly chat, day or night, call **Silver Line** on **0800 470 8090**. If you are in a serious mental health crisis, please call the **24-hour Crisis Telephone Service** (for people living in Barnet, Enfield & Haringey) on **0800 151 0023** or phone the **Samaritans** on **116 123**.

It's wise to socialise!

Staying socially active by keeping up with friends or joining clubs reduces the risk of memory loss

- ✓ Phone a friend
- ✓ Join a social walk
- ✓ Learn to dance
- ✓ Do an exercise class
- ✓ Try a coffee morning
- ✓ Start a cookery course





DEMENTIA ADVISER SERVICE Q&A

Our dementia advisers Cora and Jaihaine, answer your memory questions.

How can I tell if memory problems are a sign of something serious?

Forgetting why you went upstairs. Failing to put a name to the face of a celebrity. And the feeling that a word is 'on the tip of your tongue'. We've all done it – and most of the time, small memory slips aren't serious. Many people find that their memory becomes less reliable as they get older. However, if your memory or the memory of someone close to you is getting noticeably worse, or affecting everyday life, it should be checked out by a GP as it may be a sign of a medical condition. Memory loss can also be an early sign of dementia.

This is especially true if you: ◆ struggle to remember recent events, although you can easily recall things from longer ago ◆ find it hard to follow conversations or programmes on TV ◆ forget the names of close friends or everyday objects ◆ struggle to recall things you have heard, seen or read recently ◆ regularly lose the thread of what you are saying ◆ find yourself putting objects in unusual places – such as your keys in the fridge ◆ feel confused, even in a familiar place, or get lost on familiar journeys ◆ find that people start to notice or comment on your memory loss.

If you're worried about your memory, talk to your GP. It is important to find out the reason for the problems as there may be treatment or support available that can help. Your GP will talk to you (and anyone with you) about your concerns and arrange for further investigation if necessary. Each GP is different, but you can call to find out if they can see you in person, or they may prefer to do a telephone or video call assessment.

You can contact our Dementia Adviser Service on **020 8203 5040**.



A MONTH OF FESTIVITIES

It's not just about Christmas, December is full of celebrations for many religions and cultures around the world

8 December - Buddhist: Bodhi Day (Buddha's Enlightenment) – Mahāyāna Buddhists celebrate Buddha's attainment of understanding

10 – 18 December - Jewish: Hanukkah (12/11-12/18) begins at sundown – commemorates the Jewish victory over the Syrian Greeks, ending a three-year period of religious persecution

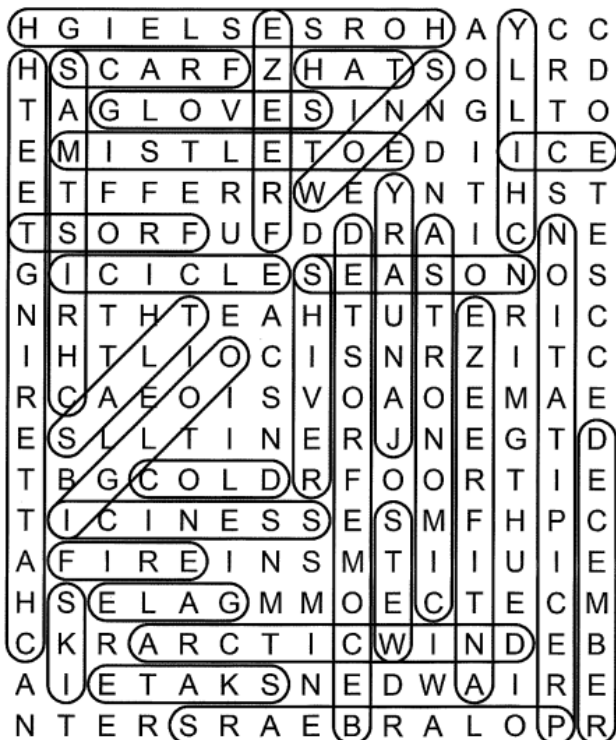
20 December – Pagan and Wiccan: Yule begins at sundown – sabbat celebrated on the winter solstice, often observed as the rebirth of the great horned hunter god and the newborn solstice sun

25 December - Christians - Christmas (or Feast of the Nativity) is an annual festival commemorating the birth of Jesus Christ



If you have enjoyed this newsletter, please let us know. Just drop us a line at Pigeon Post, Age UK Barnet, Ann Owens Centre, Oak Lane, East Finchley N2 8LT.

WINTER WORD SEARCH P8



CROSSWORD ANSWERS P8



SUDUKO MEDIUM P8

3	2	4	9	7	5	1	6	8
1	5	9	3	6	8	7	4	2
8	6	7	4	2	1	9	3	5
4	1	8	5	9	6	3	2	7
2	3	5	1	4	7	8	9	6
9	7	6	2	8	3	4	5	1
7	4	2	8	5	9	6	1	3
5	8	1	6	3	4	2	7	9
6	9	3	7	1	2	5	8	4



**Why do tigers
Have stripes?
Because they
Don't want to be
Spotted!**

